



B-100 Gels

High-Potency
Vitamin B Complex

DIETARY SUPPLEMENT

✓ Energy Production* ✓ Cellular Support* ✓ Optimal Wellbeing

100 Soft Gels | 50 Servings

Carlson Providing the highest quality nutritional supplements since 1965

Supplement Facts

Serving Size 2 Soft Gels
Servings Per Container 50

	Amount Per Serving	% DV
Calories	20	
Total Fat	1.5 g	2%**
Protein	1 g	
Thiamin (Vitamin B-1)(from thiamin mononitrate)	100 mg	8,333%
Riboflavin (Vitamin B-2)	100 mg	7,692%
Niacin (as niacinamide)	100 mg	625%
Vitamin B-6 (from pyridoxine HCl)	100 mg	5,882%
Folate (800 mcg folic acid)	1,360 mcg DFE	340%
Vitamin B-12 (as cyanocobalamin)	100 mcg	4,167%
Biotin	100 mcg	333%
Pantothenic Acid (from d-calcium pantothenate)	100 mg	2,000%
Choline (from phosphatidyl choline)	13 mg	2%
Phosphatidyl Choline (from soybeans)	100 mg	†

** Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value (DV) not established.

Other Ingredients: Soybean oil, beeswax, soft gel shell (beef gelatin, glycerin, water, carob), medium chain triglyceride oil (from coconut).

B-100 Gels are a high-potency blend of the important B-complex vitamins, which are essential for converting the fats, proteins, and carbohydrates from the food we eat into energy.*

Directions: Adults: take two soft gels daily at **mealtimes**. Keep bottle tightly closed.

Warning: Do not take if you are pregnant or lactating.

- ✓ **Gluten-free**
- ✓ **No Artificial Preservatives**

POTENCY & QUALITY GUARANTEED

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An FDA Regulated Facility



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